

RIVERTON, MANITOBA

PERSONAL RECIPES



By
LADIES AID
OF
LUTHERAN CHURCH

DEDICATION

THIS BOOK IS DEDICATED TO THE MODERN HOME. IN OUR HOME TODAY, AS ALWAYS, LIFE IS CENTERED AROUND OUR KITCHENS. IT IS WITH THIS THOUGHT IN MIND THAT WE, THE SPONSORS, HAVE COMPILED THESE RECIPES. SOME OF THEM ARE TREASURED OLD FAMILY RECIPES. SOME ARE BRAND NEW, BUT EVERY SINGLE ONE REFLECTS THE LOVE OF GOOD COOKING THAT IS SO VERY STRONG IN THIS COUNTRY OF OURS.

EXPRESSION OF APPRECIATION

WE WANT TO EXPRESS OUR APPRECIATION TO ALL THOSE MERCHANTS WHOSE GENEROUS COOPERATION IN THIS PROJECT MADE IT POSSIBLE FOR US TO PUBLISH THIS BOOK.

WE ALSO WANT TO THANK ALL THOSE PEOPLE WHO GAVE SO GENEROUSLY OF THEIR TIME AND ENERGY IN COLLECTING AND SUBMITTING RECIPES AND ASSISTED IN THE SALE. WITHOUT THEIR HELP THIS BOOK WOULD NOT HAVE BEEN POSSIBLE.

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Relishes

Pickles

Appetizers

WEIGHTS AND MEASURES

3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tablespoons	$\frac{1}{3}$ cup
16 tablespoons	1 cup
1 cup	8 ounces
2 cups	1 pint
4 cups	1 quart
8 quarts	1 peck
4 pecks	1 bushel
2 tablespoons fat	1 ounce
$\frac{1}{2}$ lb. butter or fat	1 cup
1 lb. water or milk	1 pint
1 lb. granulated sugar	2 cups
1 lb. brown sugar	3 cups
1 lb. confectioners sugar	$3\frac{1}{2}$ cups
1 lb. flour	about 4 cups
1 lb. rice	2 cups
1 lb. pitted dates	2 cups
1 lb. cheese	5 cups, grated
1 sq. bitter chocolate	1 ounce
1 package cream cheese	3 ounces or 6 tablespoons
1 c. chopped nutmeats	$\frac{1}{4}$ pound
16 marshmallows	$\frac{1}{4}$ pound
1 cup egg whites	8 - 12 egg whites
$\frac{1}{2}$ pint heavy cream	1 cup, whipped
No. 1 can	$1\frac{1}{2}$ - 2 cups
No. 2 can	$2\frac{1}{4}$ - $2\frac{1}{2}$ cups
No. $2\frac{1}{2}$ can	$3\frac{1}{4}$ - $3\frac{1}{2}$ cups
No. 3 can	4 cups
No. 10 can	12 - 13 cups

RELISHES, PICKLES, APPETIZERS

BUTTER RELISH

4 qt. cucumbers	1 red pepper
6 medium onions	3 garlic cloves (optional)
1 green pepper	1/3 c. salt

Slice cucumbers and onions, add other ingredients and sprinkle with salt. Cover with cold water. Let stand 3 hours.

Dressing:

3 c. vinegar	1 tsp. celery seed
3 1/2 c. white sugar	2 Tbsp. mustard seed
1 1/2 tsp. turmeric	1 tsp. salt

Combine ingredients and pour over cucumber mixture and heat to boiling point. Remove and seal in jars.

Mrs. Anne Bjornson

BEET RELISH

4 c. cooked beets	2 c. cider vinegar
4 c. cabbage, finely chopped	1 c. white sugar
2 c. raw apples	1 tsp. salt
2 c. horseradish	1/2 tsp. pepper

Mix all together. Let stand 1 hour. Seal in sterile jars.

Sylvia Stuber

ITALIAN CUCUMBER RELISH

7 large cucumbers	4 red peppers
4 large onions	

Put through food chopper, add 1/2 cup salt and let stand overnight. Drain in the morning.

Dressing:

2 1/2 c. vinegar	2 Tbsp. dry mustard
2 c. hot water	3/4 tsp. turmeric
3 c. white sugar	1 tsp. pepper
1/2 c. flour	1 tsp. ginger

Boil dressing 5 minutes. Add chopped ingredients and boil 5 minutes longer. Seal while hot.

Mrs. Morrie Poteryko

CUCUMBER RELISH

25 cucumbers	1/2 c. salt
2 green peppers	1 Tbsp. mustard seed
2 sweet red peppers	1 Tbsp. celery seed
1 hot red pepper	3 c. brown sugar
3 large onions	3 c. vinegar

Put cucumbers and onions through food chopper. Sprinkle with salt and let stand overnight. Drain and rinse. Boil sugar, vinegar and spices for 10 minutes. Add drained vegetables and chopped peppers. Heat just to boiling point. Turn into small jars or glasses and seal.

Mrs. Thordis Thompson

CHILI SAUCE

18 large ripe tomatoes (6 lb.)	1 c. brown sugar
2 Tbsp. salt	2 green peppers
6 onions (or 2 lbs.)	1 1/2 c. vinegar

Peel tomatoes and onions; chop tomatoes, onions and peppers and add remaining ingredients. Cook slowly about 1 hour. One small head of celery, chopped, may be added if desired.

Mrs. Marion Thorarinson

CUCUMBER AND ONION PICKLES

2 doz. cucumbers	6 onions
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Peel, slice and sprinkle with salt and let stand overnight. In the morning, put the following mixture over:

2 pt. vinegar	1 tsp. turmeric
2 tsp. mustard seed	2 Tbsp. flour
2 tsp. celery seed	2 c. white sugar

Boil until cucumbers are tender. Seal in jars.

V. Anderson

GREEN TOMATO PICKLES

8 qt. green tomatoes	10 to 12 c. brown sugar
12 medium sized onions	3 Tbsp. pickling spice
1 1/2 qt. white vinegar	

Peel onions and place in cold water while doing tomatoes.

GREEN TOMATO PICKLES (Continued)

Wash tomatoes, remove ends and blemishes and steam and slice. Put 1/4 of tomatoes in pot, then 3 of the onions, sliced very thin, and sprinkle with salt (about 3 tablespoons). Repeat until tomatoes and onions are all used up. Weigh down with plate and let stand overnight. In morning drain well rinsing with hot water. Heat vinegar to boiling point, add sugar and spice (tied in cheese cloth). Add vegetables and cook slowly 1 to 1 1/2 hours until tomatoes are clear. Remove spices. Place in jars and store in cool place.

Mrs. John Johannesson

CUCUMBER MUSTARD PICKLES

1 qt. peeled cucumbers	6 large cooking apples, peeled
1 qt. onions	1 head celery
3 red peppers	1 head cauliflower, large

Put cucumbers, onions and peppers through food chopper. Sprinkle with 1/2 cup salt. Let stand overnight. Drain. Add cauliflower, diced celery and apples to the vegetables. Prepare the following mixture:

8 c. brown sugar	2 oz. mustard seed
3 pt. vinegar	

Bring to a boil. Thicken with a paste made from 1/2 cup flour, 1/2 tsp. turmeric, 1 Tbsp. dry mustard. Put all together and boil 20 minutes.

Mrs. Anne Bjornson

CHEESE SQUARES (Appetizers)

12 fresh bread cubes	1 c. cheese, grated
1 egg	1/4 tsp. salt
1 Tbsp. milk	dash of cayenne
1 1/2 Tbsp. melted butter	

Cut bread in cubes. Beat egg till light; add milk and melted butter. Roll bread cubes in this mixture, then in mixture of cheese and seasonings. Place cubes on rack on cookie sheet. Toast till cheese melts. Serve hot from oven. Yield: 12 squares.

Hazel Sigurdson

APPETIZERS
(Mixed Fruit Cocktail)

6 large oranges
1 banana

2 slices pineapple
juice of 1 lemon
sugar

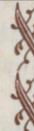
Slice off the tops of oranges and scoop out the inside, being careful not to break the inside white skin of the orange peel. Put the orange cups into a bowl of ice-water. Cut in small pieces the banana and pineapple, mix these with the orange pulp, cut in small pieces, add lemon juice, sweeten to taste, and fill the orange shells. Set each one in a small bowl, filled with crushed ice.

The mixed fruit that remains after orange skins have been filled may be kept in the refrigerator and served as sauce with ice cream or used in any other way that circumstances suggest.

Mrs. Pauline Wowchuk

Write Extra Recipes Here:

 SOUPS 

 SALADS 

 BEVERAGES 

FROZEN FOODS

Frozen foods are easy to cook. However they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh, allow for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove fruit from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still icy.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked $\frac{1}{2}$ to $\frac{1}{3}$ as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an oven at 175 degrees. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies. Or they may be placed directly in a 400 degree oven and baked. Allow 10 - 15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2 - 3 hours). Mince and apple pies may be thawed and then placed in 375 degree oven for a few minutes to reheat before serving.

SOUPS, SALADS, BEVERAGES

SPLIT PEA SOUP

2 c. split peas	1/4 c. diced celery
3 qt. cold water	1 small onion, cut fine
3 lb. beef brisket or	2 tsp. salt
1 lb. smoked sausage or	1/4 tsp. pepper
1 ham bone	2 Tbsp. flour

Pick over and wash peas. Soak in cold water overnight or several hours. Place in soup kettle with beef or sausage or ham bone. Add cold water and cover. Boil for 4 hours or more. Add celery. Cook till peas, meat are tender. Skim off fat. Heat 2 tablespoons of fat in skillet, add onions and brown. Add flour and gradually a cup of the soup. Add to the rest of the soup.

Mrs. M. D. Hurdal

POTATO SOUP

3 large potatoes, boiled in 3 cups of salted water

Put through sieve. Fry 1 onion until light brown, add the potato water and simmer 5 minutes. Strain into top of double boiler. Add the potatoes and:

1/2 tsp. pepper	1 Tbsp. cornstarch (mix with
2 c. milk	a little water

Stir until slightly thickened. Serve with toasted bread cubes.

Mrs. Sue Eastman

BORSCH

2 lb. pork spareribs	1/2 c. diced fresh carrots
4 c. diced fresh beets	1 c. diced fresh potatoes
1 small onion	1 c. sweet cream
1 small spray dill	2 Tbsp. flour
1/2 c. diced fresh celery	salt and pepper to taste
	1 small pinch sour salt

Boil spareribs cut up, about 1 hour. Add onion, dill, salt and pepper to taste. Add beets and other vegetables. Boil until done. Lastly beat cream with flour to thicken and just bring to a boil.

Lena Lupyrypa

MEATLESS BEAN SOUP

(Hungarian)

2 c. beans (soak overnight)	2 Tbsp. flour
2 1/2 qt. water	1 pt. cream (sweet or sour)
1 Tbsp. salt	

Soak bean overnight. Drain in the morning. Add the water with salt and boil till beans are done. Mix flour with a little of the cream and mix till smooth. Add remaining cream and mix with the beans and bring to a boil. If preferred add 1/8 of a cup of vinegar before serving if sweet cream is used.

Mrs. Anne Johansson

SALAD DRESSING

3 eggs, or 2 eggs and 1 Tbsp. cornstarch	1/4 c. white sugar
1/2 c. water	1 tsp. mustard
1/2 c. vinegar	1/2 tsp. salt

Beat eggs thoroughly, add water, vinegar, sugar and salt. Turn into top of double boiler. Cook until mixture thickens stirring constantly. When cool use as desired. Cream may be added.

Mrs. Thordis Thompson

"NO COOK" SALAD DRESSING

1 tsp. salt	1/2 c. evaporated milk
1 1/2 tsp. dry mustard	1 1/2 c. salad oil
3 Tbsp. sugar	1/2 c. vinegar

Combine dry ingredients, add milk slowly. Beat until thoroughly mixed, then add a little at a time of the salad oil until smooth. Add vinegar all at once and beat until thick.

Mrs. Marion Thorarinson

FRUIT PUNCH

1 c. orange juice	1 qt. boiling water
1 c. sugar	1/2 Tbsp. grated lemon rind
1/2 c. lemon juice	1/2 Tbsp. grated orange rind

Boil sugar, water and fruit rinds 5 minutes. Cool, add fruit juices, strain and chill. Dilute with chopped ice and ice water or carbonated water. For variety add 1 quart ginger ale or 1 cup of strong tea with 1/4 cup of chopped cherries.

Mrs. Lorraine Matwychuk
Camp Borden, Ontario

-6- Riverton, Manitoba

MOLDED TUNA OR CHICKEN SALAD

1 pkg. lemon flavored gelatin	1 c. flaked tuna or
1 pt. hot water	1 c. cooked chopped chicken
2 Tbsp. vinegar	1 c. chopped celery
1/2 tsp. salt	2 Tbsp. chopped pimento
1/2 c. mayonnaise	1/2 c. pecans

Dissolve gelatin in hot water. Add vinegar and salt, chill. When slightly thickened add the other ingredients mixing lightly. Turn into a mold or flat pan and chill. Unmold and cut in squares, serve on lettuce on individual salad plates. Top with additional mayonnaise. Serves 6-8.

Mrs. Jean Nevile

PINEAPPLE FRUIT SALAD DRESSING

2/3 c. sweetened condensed milk	1/4 c. lemon juice
1 egg yolk	1/2 c. pineapple juice
	1/2 c. evaporated milk, whipped

Add egg yolk to condensed milk. Add lemon juice gradually as mixture thickens. Stir in pineapple juice. Fold in whipped evaporated milk. Chill before serving. Serve on fruit salads.

Mrs. N. Voss

FROZEN FRUIT SALAD

1/2 c. evaporated milk, whipped	1/4 tsp. salt
1 egg	2 Tbsp. apple cider vinegar
1/4 tsp. mustard	2 Tbsp. salad oil
1 to 2 c. cut fruit	1/2 c. sweetened condensed milk
1 tsp. gelatin	

Scald evaporated milk in double boiler 4 minutes. Turn into bowl, chill and whip. Soak gelatin in 2 tablespoons fruit juice 5 minutes. Dissolve over hot water. Beat egg thoroughly and add to it mustard and salt, vinegar, oil, condensed milk and gelatin. Fold in whipped evaporated milk. Turn into refrigerator pan and freeze 2 to 2 1/2 hours. Cut in squares and serve on lettuce. Top with salad dressing mixed with a little pineapple juice.

Mrs. Morrie Poteryko

WALDORF SALAD

3 Tbsp. diced apples	3 Tbsp. diced celery
2 Tbsp. chopped walnuts	

WALDORF SALAD (Continued)

Mix and moisten with mayonnaise. Serve on a lettuce leaf. Use garnish as preferred.

Mrs. J. E. Johnson

Write Extra Recipes Here:

Miscellaneous ~ ~

MEAT SUBSTITUTES

VEGETABLES

COOKING TERMS

AU JUS: With natural gravy.

ASPIC: This denotes a savory jelly made from stock or from tomato juice with gelatin.

AU GRATIN: Means covered with cheese or crumbs or both and baked.

BASTE: To moisten food while baking with juices from pan or other liquid or fat.

BAKE UNTIL TENDER: Until a fork or skewer can easily be inserted.

BLEND: To mix well.

BISQUE: A white soup made of shell fish.

BOUILLON: A clear soup stronger than broth, yet not so strong as consomme, which is clear soup.

CAFE AU LAIT: Equal parts of coffee and milk.

CANAPE: Small open appetizer, served as first course.

CHARLOTTE: A pudding made of bread or cake covered with fruit or gelatin.

CHILL: To place food in the refrigerator until cold, not frozen.

CREAM: To mix shortening in bowl until it is soft and light.

CROQUETTES: A savory mince of meat or fish made with a sauce into shapes.

CUT AND FOLD: To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

ENTREE: A light dish served between courses at dinner.

FONDUE: A light preparation of cheese and eggs.

FRAPPE: partly frozen.

FRICASSEE: A dish of any boiled meat served in a rich milk sauce.

GLAZE OR GLACE: Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

HORS D'OEUVRES: Appetizing side dishes such as olives, radishes, celery and pickles.

JULIENNE: Cut in fine strips or strings.

KNEAD: To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

MARINATE: To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

PIQUANT: A sharp sauce.

PUREE: Food boiled to a pulp and put through a sieve.

SAUTE: To cook gently in a small amount of fat.

SCALD: To heat milk product until scum forms over top (196 degrees F. — not boiling).

MEATLESS ROAST

2 eggs, well beaten	1 1/2 c. milk
1 1/2 c. toasted bread crumbs	1/2 c. cream
1 c. ground nuts, walnuts or pecans	1 tsp. salt
	2 tsp. grated onion

Mix eggs, milk, cream and crumbs and let stand 20 minutes. Add remaining ingredients and place in greased bread tin. Bake in a moderate oven for about 30 minutes. Serve with any preferred sauce.

Mrs. Gertrude Thorarinson

HOME BAKED BEANS

3 lb. navy beans	1 Tbsp. salt
1 c. brown sugar	1 1/2 tsp. dry mustard
1/2 c. molasses	1 large white onion
1/2 lb. bacon, cut in chunks	

Soak beans in warm water 1 hour. Bring to boil in fresh water and simmer 10 minutes. Add a pinch of soda, stir well and drain. Place beans in bean pot or thrift cooker, add seasonings, placing whole onion in center of beans. Add enough water to nearly cover the beans and cook at low temperature for 8 to 10 hours or bake in a slow oven.

Mrs. Villa Palson

CABBAGE ROLLS

1 c. rice, uncooked	1 medium onion
3 lb. ground pork	1 20 oz. tin tomato juice
1 large cabbage	salt and pepper to taste

Take cabbage, cut out heart at least 3 inches deep. Then pour boiling water into the hollow - that will loosen the leaves. Let stand in hot water until leaves come apart. Mix rice, meat, chopped onion, salt and pepper. Put 2 tablespoons of meat mixture in each leaf and roll up starting from cut end of leaf. Place in pot, cover with water, cook 1 hour, add tomato juice and cook 1/2 hour longer.

Mrs. Ann Johansson

MACARONI AND CHEESE LOAF

1 c. cooked macaroni	2 pimientos
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MACARONI AND CHEESE LOAF (Continued)

1 c. milk	1 green pepper
2 c. soft bread, broken fine	1/2 tsp. onion juice
1/2 c. butter, (scant)	1 tsp. salt
1 c. grated cheese	5 eggs

Chop macaroni fine, also pimientos and green pepper. Mix everything together, adding beaten eggs last. Bake in moderate oven (350 - 375 degrees) about 1/2 hour. Can be turned out of a greased mold quite easily. Serves 6.

Mrs. Carol Hryhorchuk

FIVE MINUTE CABBAGE

Heat 3 c. milk, add 2 quarts shredded cabbage and simmer for 2 minutes. Mix 3 tablespoons flour and 3 tablespoons melted fat to a smooth paste with a little of the hot milk, stir remaining hot milk in and add to the cabbage and cook for 3 minutes, stirring all the while. Season to taste with salt and pepper and serve at once.

Mrs. Gertrude Thorarinson

RAW POTATO PANCAKES

2 eggs, beaten	1/2 tsp. baking powder
1/3 c. flour	3 potatoes, medium to large,
1 tsp. salt	grated raw
1/8 tsp. pepper	3 Tbsp. milk
	2 Tbsp. drippings

Beat eggs and add remaining ingredients, mixing the dry ingredients together before adding. If potatoes are grated ahead of time, add milk or fat to them to avoid discoloration. Drop by large spoonfuls into hot griddle. Reduce heat. Brown both sides. Serve with sour cream.

Mrs. Olga Kovich

MACARONI AND CHEESE CASSEROLE

1/4 c. macaroni	1 c. diced cheese
1 tsp. butter	salt to taste
2 eggs	1/2 c. milk
1 Tbsp. flour	

Boil macaroni, drain and put in buttered casserole. Make a sauce with butter, flour and milk and cook until thick. Remove from fire and add cheese and well beaten egg yolks. When cool fold in beaten egg whites. Pour on top of macaroni

MACARONI AND CHEESE CASSEROLE (Continued)

and bake in moderate oven (350 degrees) for 45 minutes or until set. Serve with apple salad or apple sauce.

Mrs. Mae Anderson

SPAGHETTI CASSEROLE

1 lb. spaghetti	1 c. grated cheese
1 can tomato soup	20 crackers, rolled fine
1 soup can water	6 slices bacon

Cook spaghetti in salted water till soft. Drain. Put into buttered casserole. Heat 1 can tomato soup with 1 can water and add cheese. Pour over spaghetti. Crush crackers or Ritz crumbs on top. Lay strips of partly fried bacon on top of crumbs. Pour or drizzle bacon fat over casserole. Bake 1/2 hour or so in 325 degree oven.

Val Atkinson

HAM AND SWEET POTATO SCALLOP

2 lb. ham (1 inch slice)	3 Tbsp. brown sugar
whole cloves	2 Tbsp. melted butter
6 sweet potatoes	1/2 c. water

Parboil potatoes. Peel and slice lengthwise in halves. Arrange on bottom of well greased baking dish. Sprinkle potatoes with brown sugar, pour on butter. Place slice on potatoes, insert cloves in ham edge of fat. Add water. Bake for 1 hour in 350 degree oven.

Villa Palson

CRAB MEAT CASSEROLE - BISCUIT TOPPING

1 tin crab meat	1 green pepper, chopped
1 large can tomatoes	4 Tbsp. flour
1 c. grated cheese	salt and pepper to taste
1 large onion, chopped fine	2 Tbsp. Worcestershire sauce

Simmer onion and green pepper in 1/4 cup salad oil till soft. Stir in 4 tablespoons flour and add 1 large can tomatoes. Add spicing. Stir till slightly thickened. Add cheese and crab meat (or shrimp or tuna). Mix well and pour into greased casserole.

Biscuit Topping:

2 c. flour	1/2 c. grated cheese
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CRAB MEAT CASSEROLE - BISCUIT TOPPING (Continued)

3 tsp. baking powder
1 tsp. salt

2 Tbsp. shortening

Mix quickly with pastry cutter. Stir till just dampened
3/4 cup milk. Roll and cut into small rounds and place on top
of casserole. Bake 20 to 25 minutes in 375 degree oven.

Val Atkinson

CLAM CHOWDER

1 can clams
1 qt. potatoes, diced
1 2 inch cube fat salt pork
or bacon
1 or 2 onions

1 tsp. white pepper
1 Tbsp. butter
1 qt. milk
1 tsp. salt

Remove clams and juice from can, saving the juice.
Chop clams in small pieces. Cut the pork in quarter inch
dice and fry. Cut onion in thin slices and fry in pork fat. Put
potatoes in pot and pour enough water to cover them. When
potatoes have boiled 10 minutes add onions, clam juice, seasoning
and clams. When warmed through, add hot milk and butter.

Laura Thorkelson

SWEDISH SALMON MOLD

1 pkg. gelatin
1/2 c. cold water
1 1/2 c. boiling water
4 Tbsp. lemon juice
2 tsp. salt

1 Tbsp. vinegar
4 c. canned salmon
1 c. celery, cut in 1/2 inch pieces
1/2 medium sized cucumber,
sliced thin

Soak gelatin in cold water. Dissolve in boiling water
and cool. Add lemon juice, salt, vinegar. Alternate layers of
well drained salmon and celery and cucumber. Pour gelatin
mixture, when cold, over this and place in refrigerator to
chill and set. Turn out on lettuce leaves, garnish with slices of
cucumber, lemon and radish roses, and serve with mayonnaise
dressing.

Mrs. Julia Hokanson

SALMON PIE

2 medium carrots, sliced
6 small potatoes, quartered
6 small onions
1 large can salmon

1/4 c. chopped celery
1/4 c. salad oil
1 1/2 tsp. salt
1/8 tsp. pepper

SALMON PIE (Continued)

2 Tbsp. parsley

1 Tbsp. cornstarch

2 c. liquid (vegetable or milk)

Parboil carrots, potatoes and onions in cup of water for 10 minutes, drain and reserve liquid for sauce. Break salmon into large pieces and arrange with vegetables, parsley and celery in greased casserole. Blend oil, seasonings and cornstarch in sauce pan; add liquid gradually. Cook until thick and pour over salmon and vegetables. Allow to cool. Cover with a baking powder biscuit mixture rolled 1 inch larger than casserole and cut several slits to allow steam to escape. Bake in hot oven (450 degrees) for 10 minutes, reduce heat to 350 degrees and continue baking for 30 minutes.

Mrs. Marion Thorarinson

CHILI CON CARNE

Any dried beans may be used.

2 1/2 c. kidney beans,
boiled

2 Tbsp. bacon drippings

1/2 c. chopped onions

1/2 clove garlic (optional)

1 lb. ground beef

1 c. tomato pulp

2 Tbsp. chili powder

salt to taste

1. Cook onion in bacon drippings.
2. Add beef and stir, saute till done.
3. Add beans, chili powder, salt and tomato.
4. Cover tightly and cook slowly 1 hour.

Mrs. E. Baumler

Winnipeg, Manitoba

ITALIAN SPAGHETTI

2 lb. hamburger

1 1/2 c. onions

1 tin mushrooms

1/2 bottle chili sauce

1/2 tin tomato paste

40 drops Tabasco sauce

1 green pepper (optional)

Fry onions and hamburgers till brown. Add all the other ingredients and simmer for 2 1/2 to 3 hours.

Mrs. Marie Eastman

PORK CHOPS WITH RICE AND TOMATOES

4 pork chops

4 slices of onion

6 Tbsp. rice

1 tin tomatoes

PORK CHOPS WITH RICE AND TOMATOES (Continued)

Place pork chops in a casserole. On top of each, place a slice of onion and 1 1/2 tablespoons rice. Pour the tin of tomatoes over all, cover and bake in 325 degree oven for 1 1/4 hours.

Margaret Jackson
Winnipeg, Manitoba

Write Extra Recipes Here:

MEAT

FISH

Poultry

ROASTING

MEAT

Beef

	Set Temperature	Time in Minutes per Pound	Time in Min. per Lb. Started Cooking from Frozen State
Standing Rib 6-8 Lbs.	300	Rare 18-20 Medium 22/25 Well Done 27-30	43 47 55
Less than 6 pounds	300	Rare 33 Medium 45 Well Done 50	55 60 65
Rolled Ribs	300	Rare 32 Medium 38 Well Done 48	53 57 65
Rump (high quality)			
Standing	300	25-30	50
Rolled	300	30-35	55

Lamb

Leg	300	30-35	40/45
Rolled Shoulder	300	40-45	40-45
Shoulder (bone in)	300	30-35	40-45

Veal

Leg	300	25-30	40-45
Shoulder	300	25	40-45
Boned and Rolled	300	40-45	40-45

Pork

Loin	350	35-40	50-55
Fresh Ham	350	30-35	50-60

Smoked Pork

Ham (New style)	300	15	
Ham (New style) Half	300	18-20	
Ham Butts	300	35/40	

POULTRY

Chicken

Stuffed 3-4 lbs.	350	45-40	
Stuffed 4-5 lbs.	350	40-35	
Stuffed over 5 lbs.	325	35/30	

Turkey

8-10 lbs.	325	25-20	
10-14 lbs.	325	20-18	
14-18 lbs.	300	18-15	
18-20 lbs.	300	15-13	

Goose

10-12 lbs.	325	30-25	
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Duck

5-6 lbs.	350	35-30	
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MEAT, FISH, POULTRY

BARBECUED PORK CHOPS

6 to 8 pork chops	2 Tbsp. lemon juice
1 c. tomato ketchup	1 Tbsp. Worcestershire sauce
1/2 c. minced onion	1 tsp salt
	dash pepper

Brown chops in heavy skillet on top of stove, then place in casserole dish. Combine remaining ingredients and pour over the browned chops. Cover and bake at 325 degrees for 1 to 1 1/2 hours. Makes 6 to 8 servings.

Mrs. Joey Johansson

SWEET AND SOUR SPARERIBS

Approximately 2 lbs. spareribs (pork preferably) cut into 2 inch pieces. Cover with water, cover and cook 1 hour or until tender. Drain and brown in 1 tablespoon shortening. Combine:

2 Tbsp. brown sugar	1 c. pineapple juice
2 Tbsp. cornstarch	1 Tbsp. soya sauce
1/2 tsp. salt	1 bouillon cube, dissolved in
1/4 c. vinegar	1/4 c. boiling water (optional)

Cook, stirring constantly, until thickened. Pour sauce over spareribs, simmer for 5 minutes.

Mrs. Jake Johnson

BARBECUED SPARERIBS

2 lb. spareribs	1 Tbsp. Worcestershire sauce
1 medium onion	2 Tbsp. brown sugar
2 Tbsp. fat or salad oil	1/2 c. water
1/4 c. lemon juice	1 c. chili sauce
2 Tbsp. vinegar	salt and pepper

Cut ribs into serving portions. Place in baking pan. Bake in moderate oven (350 degrees) 30 minutes. Chop onion, brown in fat or salad oil. Add juice, vinegar, Worcestershire sauce, brown sugar, water, chili sauce, salt and pepper. Cook slowly 20 minutes. Pour over ribs and continue baking 1 hour. Serves 4.

Mrs. Marjory Anderson

VEAL CURRY WITH RICE

1 lb. veal shoulder (about 3/4 inch thick)

VEAL CURRY WITH RICE (Continued)

(I buy stewing veal and cut all the skin off)

2 medium sized onions, sliced	2 Tbsp. flour
1/4 tsp. peppercorns (whole peppers)	1/2 tsp. curry powder
1/2 tsp. chopped thyme	1/4 tsp. salt
1/2 tsp. chopped parsley	1/8 tsp. pepper
1 1/2 Tbsp. butter	1 1/2 c. boiled rice

Remove all fat from meat. Brown in frying pan (added with tiny bit of fat to grease pan.) Cover meat with boiling water. Add: sliced onion, peppercorns, thyme and parsley. Simmer until meat is tender, about 1 1/2 - 2 hours. Remove meat and strain liquor. Melt butter and blend with flour, previously mixed with curry powder, salt and pepper. Add this mixture to strained meat liquor; bring to boiling point. Make mound of rice on plate and place curry on it. (The curry sauce and meat should be mixed together before placing on rice.) Serves 2.

For 4 - buy 2 1/2 lb. meat but just double other ingredients.

Gladys Peterson
Winnipeg, Manitoba

TASTY INDIVIDUAL MEAT LOAVES

2 c. corn flakes	2 Tbsp. finely chopped green pepper
1 1/2 lb. ground beef	1/2 c. finely chopped celery
1 egg, slightly beaten	1/2 c. canned tomatoes
1/2 c. finely chopped onion	1/2 c. milk
4 Tbsp. chopped parsley	1 1/2 tsp. salt

Crush corn flakes slightly. Combine with remaining ingredients, mix well. Pack in greased individual loaf pans. Bake in moderate oven (350 degrees) about 45 minutes or until done. Serves 4.

Mrs. Stina Olafson

HAMBURGER CASSEROLE

1 lb. hamburger	1/2 c. milk
4 Tbsp. rice, uncooked	chopped onion
1 c. cracker crumbs	salt and pepper

Mix well and form in small balls. Place in large casserole or electric fry pan. Cover with 1 can tomato soup

HAMBURGER CASSEROLE (Continued)

diluted with 1 can water. Cover and cook in oven 1 - 1 1/2 hours or simmer slowly in frying pan. This is a large recipe - very good with baked potatoes.

Helen Kristjanson
Brookings, North Dakota

Write Extra Recipes Here:

Write Extra Recipes Here:

Rolls

Pies

Pastries

HINTS

Greaseless Griddle Cakes: When making griddle cakes grease the pan for the first cake. After that rub a piece of raw potato over hot griddle instead of greasing. The cakes brown nicely and there will be no smoke.

Sugar in Fruit Pies: When making fruit pies sprinkle the sugar under the fruit instead of on top. The juice will boil up through the fruit and not out and over the top.

When the custard pie shrinks away from the crust it has been baked in too hot an oven.

When cutting cream pies dip the knife in warm water and none of the filling will stick to the knife.

To prevent the bottom pie crust from becoming soggy, grease pie pans with butter. The crust will be soft and flaky.

Toast the nut meats and while hot add a little butter. Then your nut bread will take on a new aristocracy.

Meringue will always stand up high and perfect if a generous pinch of baking soda is added to beaten whites.

A few whole cloves in the kettle of frying fat will give the doughnuts a better flavor.

Dry biscuits are caused from baking in too slow an oven and handling too much.

Coarse textured muffins are caused from insufficient stirring and cooking at too low a temperature.

To glaze the top of rolls, cookies or pies brush the top before baking with 1 egg white slightly beaten with 1 Tbsp. milk, then bake.

ROLLS, PIES, PASTRIES

PINEAPPLE DATE LOAF

Sift together:

3 scant c. flour	4 tsp. baking powder
1/2 tsp. salt	3/4 c. sugar
1/2 tsp. soda	

Beat 1 egg and add:

1/3 c. milk	1 c. chopped dates
1 tsp. vanilla	1/2 c. glace cherries
1 c. crushed pineapple	1/3 c. melted butter

Combine dry ingredients to moist mixture. Do not beat.
Bake 1 hour in 350 degree oven in a large loaf pan.

Mrs. Eleanor Begg
Winnipeg, Manitoba

NEVER FAIL PIE CRUST

2 c. flour	1/4 tsp. salt
3 tsp. baking powder	1 c. shortening
2 Tbsp. sugar	

Cream together, then add:

1 beaten egg	1/2 c. milk
1 tsp. vanilla	

Mix well together. If unsweetened pastry is desired omit sugar and vanilla. Makes 4 pie crusts and may be stored in a refrigerator.

Mrs. Dora Olafson

PASTRY

1 1/2 c. flour	1/4 tsp. salt
scant 1/4 lb. shortening	

Rub shortening into flour and salt. Moisten with sufficient cold water to roll easily. Bake in 450 degree oven. Makes two crusts.

Mrs. Beatrice Olafson

RHUBARB PIE DELUXE

2 c. rhubarb	2 Tbsp. butter
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RHUBARB PIE DELUXE (Continued)

2 c. sugar
2 eggs

1 Tbsp. flour

Mix and cook slowly rhubarb, sugar, beaten egg yolks, butter and flour. Bake shell. Put in mixture and cover with meringue made from egg whites.

Mrs. Beatrice Olafson

RAISIN PIE

For 9 inch pie:

2 c. water
2 1/4 c. seeded raisins
or 2 1/4 c. seedless
raisins
3/4 c. granulated sugar

3 Tbsp. flour
1/3 tsp. salt
1 Tbsp. grated orange rind
1/2 c. orange juice

Heat water, add raisins, simmer 10 minutes. Combine sugar, flour, salt and orange rind, add to hot mixture. Add orange juice and cook stirring constantly until thickened. Cool. Pour into pastry lined plate. Cover with a top crust. Place pie on lowest rack in oven preheated to 450 degrees. Bake 10 minutes then reduce temperature to 350 degrees and bake 30 minutes longer. Serve warm or cold.

Mrs. Velga Anderson

PIE (NOT APPLE)

1 1/2 c. white sugar
1 1/2 tsp. cream of tartar

1 1/2 c. water
12 soda crackers

Boil together sugar and cream of tartar and water. Let cool. Break soda crackers in quarters, place in unbaked pie shell. Sprinkle with cinnamon and dot with butter. Pour liquid mixture over the crackers and cover with top crust. Bake in 375 degree oven till crust is brown.

Mrs. Margaret Bjoranson

BANANA SUNDAE PIE

1 1/2 c. powdered sugar
1/2 c. soft butter
2 eggs
1 tsp. vanilla

2 sliced bananas
juice of 1/2 lemon
1/2 c. nuts, chopped fine
1/4 c. cherries, chopped fine,
maraschino, drained

BANANA SUNDAE PIE (Continued)

Cream sugar and butter well in electric mixer. Add eggs, one at a time, beat 3 minutes after each one. Add bananas, cherries and nuts, vanilla and lemon juice. Save some of the nuts and cherries for the top. Put into a well chilled baked pie shell and chill in refrigerator for 24 hours before serving.

Hilda Johnson

CARROT PIE

1 1/2 c. grated carrots	2 eggs
1 c. brown sugar	1/2 tsp. cinnamon
1 c. thin cream	1 tsp. nutmeg

Mix and bake in unbaked pie shell.

Mrs. Dora Olafson

TOMATO MINCE MEAT (For Pies or Tarts)

4 lb. green tomatoes	3 lb. brown sugar
4 lb. apples, chopped fine	

Cool 1 1/2 hours and add:

1 c. vinegar	1 Tbsp. cloves
2 lb. raisins, ground	1 Tbsp. nutmeg
1 lb. suet, ground	1 Tbsp. allspice
2 Tbsp. cinnamon	

Cook another 1 1/2 hours. Pack in jars and seal while hot. (Always serve hot.)

Mrs. Beatrice Olafson

TART OR COOKIES

1/2 c. butter	2 c. flour
1 c. sugar	2 tsp. baking powder
2 eggs	1 tsp. vanilla

Mix in order given.

Butter Tart Filling:

1 c. brown sugar	1 tsp. vanilla
1 egg	1 c. raisins
2 Tbsp. butter	

TART OR COOKIES (Continued)

Mix altogether and put 1 tablespoon of mixture in each uncooked pastry shell.

(Unsigned)

ICELANDIC PANCAKES (Ponnukokur)

3 eggs	1 tsp. vanilla
1/2 c. brown sugar	3/4 c. sour cream
1/4 tsp. salt	2 1/4 c. flour
1/2 tsp. soda	3 c. sweet milk
2 tsp. baking powder	

Beat eggs, add sugar, salt, vanilla and sour cream. Next add sifted flour with baking powder and soda. Beat this well and stir in sweet milk gradually.

To bake: Use heavy griddle pan. Rub bottom of pan with butter tied in a small cloth. Lift pan off fire and pour about 1/4 cup batter on it or just enough to cover bottom, tipping griddle until entire bottom is covered. Set back on fire as quickly as possible and brown. Turn and bake on other side. Sprinkle with sugar and roll. A good hot fire is essential for baking these.

Margaret Thorbergson

ICELANDIC BROWN BREAD

2 c. milk	1/4 c. molasses
1/2 c. brown sugar	2 pkg. dry yeast
1 heaping Tbsp. salt	3 1/2 c. white flour
4 Tbsp. shortening	3 1/2 c. graham flour

Scald milk in double boiler add shortening, sugar and salt. Cool to lukewarm. Add yeast to 3/4 cup water with 2 teaspoons sugar and allow to stand for 10 minutes. Add to lukewarm milk mixture. Put 3 1/2 cups white flour in bowl and add liquid all at once. Beat until smooth. Then add graham flour, one cup at a time, kneading in well till it is easy to handle and does not stick to sides of bowl. Let rise in warm place till double in bulk. Punch down and divide into three loaves. Place in loaf pans and allow to rise until almost double in bulk. Put in hot oven (400 degrees) and let heat go down to 325 degrees. Bake about 45 minutes.

Mrs. Sylvia Sigurdson

SWEDISH COFFEE RING

1 1/2 c. flour	3 tsp. baking powder
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SWEDISH COFFEE RING (Continued)

4 Tbsp. brown sugar 1/2 tsp. salt
4 Tbsp. solid butter

Sift dry ingredients together and work the butter into dry mixture like pie crust. Then add:

1 egg, well beaten 1 tsp. vanilla
1/4 c. plus 1 Tbsp. milk

Work this in pan. Flour one side of pan and move dough over, then flour the other side. Work a little more. Take out and put on floured board. Divide dough into 2 equal parts, working each piece with hands into strips about 1 1/2 inches wide and 18 inches long. (Spread the following mixture on top of each piece.)

2 Tbsp. melted butter 1/2 c. raisins
1/2 c. chopped nuts

Put one layer on top of each other and twist one end away and other end toward you to make ring. Bake at 400 degrees for 25 minutes. When done, have syrup made of 1 tablespoon water and enough powdered sugar to make a thin paste, add 1 teaspoon vanilla. Pour over hot roll and let cool.

Julia Hokanson

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CAKES
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HINTS

Roll raisins in flour before stirring them into a cake to prevent them from going to bottom.

When making cookies add 1 tsp. jam or jelly. The cookies will have a better flavor and stay moist longer.

2 Tbsp. of lemon juice added to 1 c. of milk will sour it immediately.

In making rolled cookies chill cookie dough for about $\frac{1}{2}$ hour. The dough will be much easier to handle and will require much less flour, therefore will make a more tender cookie.

To substitute cocoa for chocolate use 3 Tbsp. cocoa in place of each square (1 oz.) chocolate called for. If substituting cocoa for chocolate in batter, also add 1 Tbsp. shortening for every 3 Tbsp. cocoa used.

Cracks and uneven surface of cakes may be caused by too much flour, too hot an oven and sometimes from cold oven start.

Add several drops of vinegar to icing while beating and it will be soft and seldom grainy.

CAKES, COOKIES

CHRISTMAS CAKE

1 c. butter	3/4 lb. lemon peel
2 c. brown sugar	1 lb. walnuts or 1/2 lb. each
1 c. molasses	walnuts and almonds
1 c. strong coffee	4 c. flour
4 eggs	1 tsp. baking soda
2 c. raisins	2 tsp. baking powder
2 c. currants	2 tsp. cinnamon
1/4 lb. citron peel	2 tsp. cloves
	1 tsp. nutmeg

Cream butter and sugar, add molasses. Sift flour with baking powder, spices and soda. Add chopped and floured fruit and mix well. Add cold coffee to mixture, also well beaten eggs and mix thoroughly. Turn into one or more pans lined with greased paper. Bake in moderate oven (300 degrees) from 1 to 3 hours depending on size of pans.

Mrs. Una Eastman

MARASCHINO PARTY CAKE

2 1/4 c. sifted cake flour	1/4 c. maraschino cherry juice
1 1/3 c. sugar	16 maraschino cherries, cut
3 tsp. double acting baking	in eighths
powder	1/2 c. milk
1/4 tsp. salt	1/2 - 2/3 unbeaten egg whites
1/2 c. shortening	(4 large)
	1/2 c. chopped nuts

Have all ingredients at room temperature, sift together flour, sugar, baking powder, salt. Add shortening, cherry juice, cherries, and milk and mix together with mixer on slow to medium speed for 2 minutes, scraping sides frequently of bowl. Add unbeaten egg whites and beat 2 minutes more, fold in 1/2 cup chopped nuts. Bake 30-35 minutes, in 350 degree oven. Frost with Fluffy White Icing, and decorate with maraschino cherries.

Fluffy White Icing:

3/4 c. sugar	2 egg whites
1/4 c. water	1 tsp. vanilla

Boil sugar and water without stirring until mixture spins 8 inch thread. Keeping pan covered for first 3 minutes to prevent crystals forming on sides of pan. Beat egg whites until stiff with

MARASCHINO PARTY CAKE (Continued)

mixer on low speed. Pour hot syrup slowly into egg whites beating constantly, add vanilla. Continue beating on high speed until mixture is fluffy and will hold its shape.

Mrs. Kristrun Sigurdson

FAVORITE WHITE CAKE

- | | |
|---------------------------------|--------------------------|
| 1 2/3 c. flour, sifted
twice | 1/2 c. shortening |
| 2 1/2 tsp. baking powder | 1/2 tsp. vanilla |
| 1/2 tsp. salt | 3/4 c. granulated sugar |
| 2 egg whites | 2 egg yolks, well beaten |
| 1/4 c. granulated sugar | 3/4 c. milk |

Beat egg whites and add the 1/4 cup sugar, set aside. Cream shortening until fluffy, gradually add the 3/4 cup sugar, add beaten egg yolks. Add dry ingredients alternately with the milk. Fold in egg whites. Turn into prepared pans (8x8x2 inches) and bake in 375 degree oven for 25-30 minutes.

Mrs. Margaret Bjornson

GUMDROP CAKE

- | | |
|----------------|-----------------------------------------------------|
| 1/2 c. butter | 2 tsp. baking powder |
| 1 c. sugar | 1 tsp. vanilla |
| 2 eggs, beaten | 3/4 c. milk |
| 2 1/2 c. flour | 3/4 c. raisins |
| 1/4 tsp. salt | 1 lb. gumdrops, black ones
removed, chopped fine |

Cream butter, while adding sugar and beaten eggs. Sift flour, salt and baking powder together over chopped candy and raisins. Dredge well. Add vanilla and milk and add flour mixture alternately. Bake in a large greased loaf tin in a slow oven (275 - 300 degrees) 1 1/2 hours.

Mrs. Kristine Olafson

DANISH SKILLET (Upside Down Cake)

Melt 1/2 cup butter in skillet, spread 1/2 cup sugar (white or brown) evenly over butter and arrange slices of canned pineapple to cover pan. Then make a batter of the following:

- | | |
|---------------------|----------------------|
| 1 c. sugar | 1 tsp. baking powder |
| 3 eggs, well beaten | 1/4 tsp. salt |
| 1 c. flour | |

DANISH SKILLET (Continued)

Pour over pineapple in skillet and bake in a moderate oven (375 degrees) for 30 - 35 minutes. Turn upside down on serving plate and top with whipped cream.

Mrs. Julia Hakanson

ORANGE CAKE

1 c. brown sugar	3/4 c. sour milk
1/2 c. butter	1 tsp. soda
1 1/2 c. flour	grated rind and juice of 1 orange
1 egg	1 c. raisins

Cream butter, add brown sugar and egg. Sift in flour and soda alternately with milk. Put raisins and orange through meat grinder, then add. Bake 35 minutes in 375 degree oven.

Mrs. Veiga Anderson

FUDGE CAKE

1 1/2 c. granulated sugar	1 tsp. vanilla
1/2 c. shortening	1 tsp. soda
2 eggs	1 1/2 tsp. cream of tartar
3 Tbsp. cocoa	pinch of salt
3/4 c. boiling water	1/2 c. milk
	1 1/2 c. flour

Cream together sugar and shortening, add eggs and beat well, add cocoa in boiling water. Sift together dry ingredients and add alternately with milk. Bake in 8 inch layers, at moderate oven for 1/2 hour.

Mrs. Bertha Swanson

FLUFFY GOLD CAKE

1/3 c. butter	1 c. sifted flour
1/4 tsp. vanilla or lemon extract	2 tsp. baking powder
1/2 c. granulated sugar	1/4 tsp. salt
4 egg yolks	3/8 c. sweet milk
	1 1/2 tsp. lemon juice

Cream butter until it is soft and creamy, add flavoring while creaming. Gradually add sugar and beat until mixture is light and fluffy. Beat egg yolks until thick and a pale lemon color, add lemon juice and continue beating until yolks are stiff. Gradually add yolks to fat - sugar mixture and beat thoroughly with a spoon. Sift flour, baking powder and salt. Add dry ingredients alternately with the milk. Stir gently and quickly

FLUFFY GOLD CAKE (Continued)

until batter is well blended but do not over mix. Bake in moderate oven (350 degrees) for 45 minutes.

Mrs. Kay Manastyr

PINEAPPLE FRUIT CAKE

1/2 lb. butter	1/2 lb. cherries
1 c. sugar	2 tsp. vanilla
3 eggs	1 lb. Sultana raisins
2 3/4 c. flour	1/2 c. warm water
1 heaping tsp. baking powder	1 can crushed pineapple
	1/4 lb. glace fruit

Mix in usual way. Bake 2 hours in slow oven.

Mrs. Anna Thorarinson

TOMATO SOUP CAKE

1 c. tomato soup	1 tsp. soda
2 c. all purpose flour	1 tsp. cinnamon
1 c. sugar	1 tsp. cloves
1/2 c. shortening	1/2 tsp. salt
2 tsp. baking powder	1 c. raisins or nuts

Add soda to the soup, stir into creamed mixture of sugar and shortening. Add dry ingredients. Bake in layers in a moderate oven for 35-45 minutes.

Cheese Filling:

1/2 lb. cream cheese	1 tsp. vanilla
2 c. icing sugar	milk

Cream cheese, add icing sugar, then add vanilla and enough milk to make a spreading consistency, and put between layers.

Mrs. Lily Jonasson

VINARTERTA

1 c. butter	1 tsp. vanilla
1 c. fine granulated sugar	4 c. flour
3 eggs	2 tsp. baking powder
1 Tbsp. water	pinch of salt

Cream butter, add sugar gradually and beat in eggs one at a time. Add water and vanilla. Sift dry ingredients and add

to first mixture. Divide into seven equal parts and roll or pat into 9 inch round layer pans. Bake in a moderate oven (375 degrees) until golden brown.

Filling:

2 lb. prunes

2 c. sugar

Stone prunes and put through food chopper. Add sugar and water to cover and boil 1/2 hour. Put between layers when they are cold. Cake may be iced with plain butter icing if so desired.

Mrs. Jana Sigurdson

WHIPPED SHORT BREAD

3 c. flour

1/2 c. cornstarch

1 c. icing sugar

1 lb. butter

Whip softened butter and sugar until creamy, add sifted flour and cornstarch, mix well. Drop from teaspoon on cookie sheet and bake 20 minutes in 300 degree oven.

Mrs. Kristrun Sigurdson

GINGERSNAPS

3/4 c. shortening

1 egg

1 c. sugar

4 Tbsp. molasses

Mix together and add to above:

2 c. flour

1 tsp. cinnamon

2 tsp. baking powder

1 tsp. cloves

2 tsp. baking soda

1 tsp. ginger

1 tsp. salt

Chill for 1/2 hour. Make into balls and flatten quite thinly with the bottom of a glass tumbler. Place fairly far apart as they spread. Oven temperature 350 degrees for 10 minutes. Yield: 7 dozen.

Mrs. Hilda Johnson

MELTING MOMENTS

1 c. butter

1/2 tsp. baking soda

2/3 c. white sugar

1/2 tsp. cream of tartar

1 egg

pinch of salt

2 c. flour

flavoring to taste

Cream butter and sugar, add unbeaten egg and beat all thoroughly. Add sifted flour, baking soda and cream of tartar, salt and lastly flavoring. Roll in small balls and press down with fork. Bake in moderate oven until a golden brown.

Mrs. Disa Eastman

ICE BOX SQUARES

whole graham wafers	1/2 c. chopped walnuts
1/4 lb. shortening	1/2 tsp. salt
2 c. icing sugar	1/2 c. coconut
1 large egg yolk	2 sq. semi-sweet chocolate,
1/2 tsp. vanilla	melted
	1 egg white, stiffly beaten

Line 8x8 inch pan with whole graham wafers. Cream shortening, add icing sugar, egg yolk, vanilla, walnuts, salt, coconut and melted chocolate. Mix well. Fold in stiffly beaten egg whites. Drop carefully on graham wafers and spread out. Sprinkle top with 3 finely crushed graham wafers. Leave in refrigerator for one hour to set before cutting into squares.

Mrs. Connie Ostertag

RAISIN CRISPS

1/2 c. seedless raisins	1 c. brown sugar
1/2 c. shortening	1 tsp. vanilla
1/4 c. water	1/2 tsp. salt
3/4 c. flour	1/4 tsp. cinnamon
1/2 tsp. soda	1/4 tsp. nutmeg
1 1/2 c. rolled oats	1/2 c. chopped nuts, if desired

Heat raisins with shortening and water until shortening is melted. Cool. Sift flour, soda, salt, spices into bowl, add rolled oats, brown sugar and nuts and mix well. Add to cooled raisin mixture with vanilla and blend well. Chill. Drop by teaspoonfuls on greased cookie sheet. Flatten with a glass or fingers. Bake in a moderate oven (350 degrees) 8-10 minutes or until nicely browned.

Mrs. Thordis Thompson

SWEDISH TEA CAKES

1/2 c. butter	1 egg white
1/4 c. brown sugar	1/2 c. chopped walnuts
1 egg yolk, beaten	jelly
1 c. sifted flour	

Cream butter and sugar, add egg yolk and cream well, add flour. Roll into small balls, dip in unbeaten egg white, roll in nuts, press down center with thimble. Bake 5 minutes in a slow oven. Remove from oven and press center down again. Bake 15 minutes longer at 300 degrees. Cool slightly and fill center with jelly.

Mrs. Julia Hokanson

MARSHMALLOW SQUARES

2 Tbsp. cocoa
1/2 c. butter
1 c. white sugar

2 eggs
3/4 c. pastry flour
1/2 c. walnuts

Mix and bake in 8x8 inch pan in moderate oven for 20 minutes. Cut marshmallows in half and place on top of cake while hot. Return cake to oven for few minutes to melt marshmallows, when cold, ice with chocolate icing.

Mrs. Runa Eyolfson

CHOCOLATE CHIP COOKIES

1/2 c. butter
1/2 c. white sugar
1 egg
1 tsp. baking soda
1/8 tsp. salt
1/2 pkg. Tinies

1/2 c. shortening
1/2 c. brown sugar
2 1/4 c. all-purpose flour
1/2 tsp. cream of tartar
1 tsp. vanilla

Cream butter and shortening. Add sugar and then unbeaten egg. Sift in dry ingredients, add vanilla and 1/2 package Tinies. Mix well. Roll into small balls. Press down with fork. Bake in moderate oven.

Mrs. Bertha Swanson

STANDARD REFRIGERATOR COOKIES

6 c. flour
4 tsp. baking powder
1/2 tsp. salt
1 1/2 c. shortening

3 c. brown sugar
2 eggs, well beaten
2 tsp. vanilla

Sift flour, baking powder and salt together. Cream shortening and sugar until fluffy. Add eggs and flavoring and mix well. Add dry ingredients. Divide dough into six equal portions. Leave one plain, and make the following variations of remaining dough. Shape each piece of dough into a roll. Chill. When firm slice very thin and bake in moderate oven (375 degrees) 10-12 minutes. Makes 10 dozen.

Chocolate - Add 2 ounces (squares) chocolate, melted to 1 portion of dough, blend well.

Coconut - Add 1/3 cup shredded coconut to 1 portion.

Fruit - Add 1/3 cup chopped dates, raisins, or currants to 1 portion.

Nut - Add 1/3 cup finely chopped almonds, pecans, or walnuts to 1 portion of dough, mix well.

STANDARD REFRIGERATOR COOKIES (Continued)

Spice - Add 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg to 1 portion of dough, mix well.

Mrs. Dorothy Bornason

"MYSTERY BARS"

Bottom Layer:

1/2 c. shortening	1 tsp. baking powder
1 c. brown sugar	1/2 tsp. vanilla
1 egg yolk	1/4 tsp. salt
1 1/2 c. flour	

Mix and spread in pan. Press down well.

Second Layer:

1 egg white	1/2 c. walnuts
1 c. coconut	1 c. brown sugar

Beat egg white until stiff and combine sugar, walnuts, and coconut with it. Spread this over bottom layer.

Bake in 8 inch pan in 350 degree oven 25-30 minutes.

Mrs. Judy Sigurdson

CRUNCHY OATMEAL COOKIES

1 c. shortening	1 tsp. soda
2 c. brown sugar	3/4 tsp. salt
1 egg, unbeaten	1 c. oatmeal
1 tsp. vanilla	1 c. coconut
1 1/2 c. flour	3/4 c. chopped nuts
2 Tbsp. baking powder	

Mix all together and bake on greased sheet at 350 degrees for about 20 minutes.

Mrs. Runa Sigurdson

FRYING PAN COOKIES

1 c. white sugar	1 tsp. vanilla
1/2 c. chopped dates	2 c. Rice Krispies
2 eggs, well beaten	pinch salt
1/2 c. chopped walnuts	

Place sugar, dates and eggs in a lightly greased fry pan. Cook 7-8 minutes stirring constantly. Then add walnuts, vanilla,

MARSHMALLOW SQUARES

2 Tbsp. cocoa	2 eggs
1/2 c. butter	3/4 c. pastry flour
1 c. white sugar	1/2 c. walnuts

Mix and bake in 8x8 inch pan in moderate oven for 20 minutes. Cut marshmallows in half and place on top of cake while hot. Return cake to oven for few minutes to melt marshmallows, when cold, ice with chocolate icing.

Mrs. Runa Eyolfson

CHOCOLATE CHIP COOKIES

1/2 c. butter	1/2 c. shortening
1/2 c. white sugar	1/2 c. brown sugar
1 egg	2 1/4 c. all-purpose flour
1 tsp. baking soda	1/2 tsp. cream of tartar
1/8 tsp. salt	1 tsp. vanilla
1/2 pkg. Tinies	

Cream butter and shortening. Add sugar and then unbeaten egg. Sift in dry ingredients, add vanilla and 1/2 package Tinies. Mix well. Roll into small balls. Press down with fork. Bake in moderate oven.

Mrs. Bertha Swanson

STANDARD REFRIGERATOR COOKIES

6 c. flour	3 c. brown sugar
4 tsp. baking powder	2 eggs, well beaten
1/2 tsp. salt	2 tsp. vanilla
1 1/2 c. shortening	

Sift flour, baking powder and salt together. Cream shortening and sugar until fluffy. Add eggs and flavoring and mix well. Add dry ingredients. Divide dough into six equal portions. Leave one plain, and make the following variations of remaining dough. Shape each piece of dough into a roll. Chill. When firm slice very thin and bake in moderate oven (375 degrees) 10-12 minutes. Makes 10 dozen.

Chocolate - Add 2 ounces (squares) chocolate, melted to 1 portion of dough, blend well.

Coconut - Add 1/3 cup shredded coconut to 1 portion.

Fruit - Add 1/3 cup chopped dates, raisins, or currants to 1 portion.

Nut - Add 1/3 cup finely chopped almonds, pecans, or walnuts to 1 portion of dough, mix well.

STANDARD REFRIGERATOR COOKIES (Continued)

Spice - Add 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg to 1 portion of dough, mix well.

Mrs. Dorothy Bornason

"MYSTERY BARS"

Bottom Layer:

1/2 c. shortening	1 tsp. baking powder
1 c. brown sugar	1/2 tsp. vanilla
1 egg yolk	1/4 tsp. salt
1 1/2 c. flour	

Mix and spread in pan. Press down well.

Second Layer:

1 egg white	1/2 c. walnuts
1 c. coconut	1 c. brown sugar

Beat egg white until stiff and combine sugar, walnuts, and coconut with it. Spread this over bottom layer.

Bake in 8 inch pan in 350 degree oven 25-30 minutes.

Mrs. Judy Sigurdson

CRUNCHY OATMEAL COOKIES

1 c. shortening	1 tsp. soda
2 c. brown sugar	3/4 tsp. salt
1 egg, unbeaten	1 c. oatmeal
1 tsp. vanilla	1 c. coconut
1 1/2 c. flour	3/4 c. chopped nuts
2 Tbsp. baking powder	

Mix all together and bake on greased sheet at 350 degrees for about 20 minutes.

Mrs. Runa Sigurdson

FRYING PAN COOKIES

1 c. white sugar	1 tsp. vanilla
1/2 c. chopped dates	2 c. Rice Krispies
2 eggs, well beaten	pinch salt
1/2 c. chopped walnuts	

Place sugar, dates and eggs in a lightly greased fry pan. Cook 7-8 minutes stirring constantly. Then add walnuts, vanilla,

FRYING PAN COOKIES (Continued)

salt, and Rice Krispies. Stir altogether, remove from fire, grease hands and form into small balls and roll in coconut. Place on platter to cool.

Mrs. Marion Thorarinson

Write Extra Recipes Here:

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DESERTS

FOODS TO SERVE 25 PEOPLE

Cream for Coffee.....	1½ pints
Whipping Cream	1 pint
Rolls	50
Preserves or Jelly	1½ pints
Butter in Squares	½ pound
Salad Dressing	1 pt. or ½ lb.
Pickles	1½ pints
Potatoes, diced or mashed or sweet.....	½ peck
Asparagus, scalloped	1 No. 10 can
Carrots, creamed	3 No. 2 cans
String Beans	5 lbs. or 1 gallon
Beets	5 lbs. or 2 No. 10 cans
Cabbage	5 lbs.
Lettuce, medium heads for salad cups.....	3 heads
Peas	18 lbs. fresh or 4 No. 2 cans
Ham, baked (low heat)	8 lbs.
Beef Roast	10 lbs.
Pork Roast	10 lbs.
Meat Loaf,	
Pork	1½ lbs.
Beef	3½ lbs.
Swiss Steak	10 lbs.
Ice Cream, brick	4 bricks
Ice Cream, bulk	1 gallon

DESSERTS

FRUIT COCKTAIL TORTE

1 c. flour	1 tsp. soda
1 c. sugar	pinch salt
1 beaten egg	

Mix together. Add 2 cups fruit cocktail, drained, and stir into first mixture.

Topping:

1/2 c. brown sugar	1/2 c. chopped nuts
--------------------	---------------------

Mix together and sprinkle over top of cake. Bake 50 minutes at 350 degrees. This cake may be served with ice cream or whipped cream.

Mrs. Florence Johnson

RICE MOLD

1/3 c. rice	1 c. brown sugar
1/4 tsp. salt	2 Tbsp. butter
1 1/2 c. evaporated milk	1 Tbsp. gelatin
1 1/2 c. water	1/4 c. water

Combine evaporated milk and water, wash rice add salt and 2 cups of milk mixture. Cook over boiling water until tender, stirring frequently. Melt butter in skillet add brown sugar and heat, stirring constantly till melted. Soften gelatin in 1/4 cup water. Scald remaining cup of milk mixture. Add brown sugar to rice and cook 10 minutes longer. Dissolve gelatin in hot milk and add to hot rice. Pour into molds and chill until firm. Garnish with whipped cream or evaporated milk. Top with cherry.

Emma Briem

LEMON PIE 'N CAKE PUDDING

1 Tbsp. butter	Mrs. Bud Einarson
2/3 c. sugar	1 lemon, juice and grated rind
3 Tbsp. flour	2 eggs, separated
	1 c. milk

Cream butter well, work in sugar and flour. Then add juice and rind of lemon. Add beaten egg yolks and milk. Fold in stiffly beaten egg whites. Bake in buttered dish, set in pan of water, for 30 minutes, in moderate oven. This pudding has a cake top and lemon pie filling on the bottom.

PINEAPPLE ICE CREAM

1 egg	1 1/2 c. crushed pineapple
1/2 c. sugar	1 tsp. vanilla
2 c. evaporated milk	1 c. whipping cream
few grains salt	

Beat egg, add sugar, evaporated milk and salt. Cook over hot water until thick, stirring constantly. Chill. Add pineapple mixture. Pour into a freezing tray and partly freeze, after the mixture is half frozen, remove from refrigerator, beat until smooth and replace in freezing unit.

Mrs. S. Olafson

LEMON SCHAUM TORTE

Bake a meringue shell (recipe below).

Beat 1 cup whipping cream until stiff, spread half of whipped cream over cooled shell. Cover with cooled Lemon Custard Filling (recipe below). Top with remaining whipped cream. Chill in refrigerator 24 hours. Serve in wedge shaped pieces like pie.

Lemon Custard Filling:

4 egg yolks	3 Tbsp. lemon juice
1/2 c. sugar	2 tsp. grated lemon rind

Beat egg yolks with mixer till thick and lemon colored. Beat in gradually sugar, then lemon juice and rind. Cook over hot water until thick, 5-8 minutes, stirring constantly.

Meringue Shell:

Beat 4 egg whites until fluffy with mixer, add 1/4 teaspoon cream of tartar. Beat until stiff enough to hold a point. Beat in gradually 1 cup sugar. Continue beating until meringue is stiff and glossy. Spread in well greased and floured 8 inch pan with cutter on bottom. Bake 20 minutes in very slow oven (275 degrees). Then increase temperature to 300 degrees and continue baking 40 minutes more.

Kristrum Sigurdson

BAKED BANANAS

6 bananas	2 Tbsp. lemon juice
1 Tbsp. butter	1/3 c. sugar

Remove the skins from bananas, cut in halves

BAKED BANANAS (Continued)

lengthwise and place in pan. Make a syrup of sugar and water , add lemon juice and butter . Pour 1/2 of syrup over bananas . Bake in slow oven until fruit is soft, basting with remaining syrup.

Margaret Johnson

LEMON PUDDING

Preheat oven to 375 degrees .

1/2 c. butter	4 Tbsp. flour
1 c. sugar	2 lemons
4 eggs, separated	2 c. milk

Cream butter and sugar, add beaten egg yolks and beat till light. Add flour, juice and rind of lemon, stir till blended. Stir in milk and fold in stiffly beaten egg whites. Pour into a large pan, and place in a pan of cold water and bake 30 minutes or until done.

Jocelyn Majure

PINEAPPLE SLICE

1/2 c. butter	1 1/2 c. icing sugar
2 1/2 c. graham wafers, rolled fine	2 unbeaten eggs
1/2 c. soft butter	1/2 pt. whipping cream
	1 can drained, crushed pineapple

Melt 1/2 cup butter and combine with graham wafer crumbs. Mix well and take out 1/4 cup crumbs. Press remainder into bottom of 8 inch pan. Bake in 325 degree oven for 20 minutes.

Beat soft butter, icing sugar and egg together and spread on first mixture when cool. Whip cream stiff and fold into it the can of drained crushed pineapple. Pour this over the second mixture. Sprinkle the 1/4 cup crumbs on top and put in refrigerator until set. Overnight is best. Cut in slices and serve. For color top each slice with maraschino cherry.

Helga Dahlman

BUTTERSCOTCH SAUCE (For Ice Cream)

Boil to softball stage:

1 1/2 c. brown sugar	pinch of salt
2/3 c. corn syrup	1/2 c. water

BUTTERSCOTCH SAUCE (Continued)

When cool, add 2/3 cup evaporated milk. Keep in refrigerator.

Eleanor Begg
Winnipeg, Manitoba

APPLE COBBLER

pastry for 8 inch pie plate	1/4 c. raisins
3 c. sliced apples	1 Tbsp. flour
1/4 c. orange juice	1/4 tsp. cinnamon
	1/8 tsp. salt

Mix all together and bake in casserole, or individual cups with top crust. Serve with cream.

Val Atkinson

EGGNOG SAUCE (For Steamed Puddings)

Gradually add 1/4 cup sugar to 2 well beaten egg yolks. Beat the 2 egg whites until they stand up in peaks and gradually beat in another 1/4 cup sugar and pinch of salt. Fold into the egg yolk mixture. Whip 1 cup heavy cream until stiff and flavor with 1/2 teaspoon vanilla and 2 teaspoon rum extract. Fold into egg mixture and don't stir any more than you have to. Chill. Sprinkle liberally with nutmeg before serving.

(Unsigned)

Write Extra Recipe Here:

JELLY, CANDY
PRESERVES

Take time *for 10 things*

- 1 ***Take time to Work—***
it is the price of success.
- 2 ***Take time to Think—***
it is the source of power.
- 3 ***Take time to Play—***
it is the secret of youth.
- 4 ***Take time to Read—***
it is the foundation of knowledge.
- 5 ***Take time to Worship—***
it is the highway of reverence and washes
the dust of earth from our eyes.
- 6 ***Take time to Help and Enjoy Friends—***
it is the source of happiness.
- 7 ***Take time to Love—***
it is the one sacrament of life.
- 8 ***Take time to Dream—***
it hitches the soul to the stars.
- 9 ***Take time to Laugh—***
it is the singing that helps with life's loads.
- 10 ***Take time to Plan—***
it is the secret of being able to have time
to take time for the first nine things.

JELLY, CANDY, PRESERVES

CHOCOLATE FUDGE

Grease an 8 inch square cake pan. Melt together in top of double boiler:

4 oz. unsweetened
chocolate

3 Tbsp. butter or margarine

Turn into a sifter:

1 1/2 lb. icing sugar

1/4 tsp. salt

Beat well 2 eggs. Sift in sugar and salt, a little at a time, blending after each addition. Add melted chocolate mixture and 1 teaspoon vanilla and blend well. Mix in 3/4 cup coarsely chopped nut meats. Turn into prepared cake pan and spread evenly. Chill one hour then cut into 6 strips and cut each strip into 6 pieces.

Kae Sigvaldson

MARSHMALLOWS

2 Tbsp. gelatin
1 1/2 c. sugar

1/2 c. boiling water
few grains salt
flavoring

Soak gelatin in cold water. Cook sugar until it is dissolved in the boiling water. Dissolve gelatin with hot syrup. Add salt and flavoring, let cool partly. Then beat with egg beater until very stiff. Cool, cut into squares, dip in icing sugar or toasted coconut.

Mrs. Sylvia Sigurdson

FUDGE

3 c. white sugar
1/2 c. milk

2 Tbsp. syrup
2 sq. chocolate

Boil together to soft ball stage. Add:

1 Tbsp. butter
vanilla

nuts, if desired

Beat till creamy and pour into buttered pan.

Mrs. Marge Anderson

CARROT MARMALADE

Clean, peel and slice enough carrots to make 2 quarts. Take 5 cups sugar and 4 lemons, cut lemons in thin slices, put in bowl and add part of the sugar. Let stand overnight to draw juice. In morning put lemon mixture on stove and simmer gently until lemons are tender. Parboil finely sliced carrots in slightly salted water, drain and put through food chopper. Add lemon mixture and rest of sugar. Boil slowly till right consistency. Put in glasses and seal.

Mrs. Agnes Thorarinson

FRUIT COCKTAIL CONSERVE

1 vegetable marrow
3 oranges
1 lemon

1 tin pineapple cubes
bottle of cherries

Boil marrow that has been cut in cubes until tender and a crystal color (not mushy). Add oranges and lemon that has been cubed. To each cup of pulp add 1 cup of sugar. Boil for 10 minutes. Lastly add the tin of pineapple and cherries. Seal hot.

Mrs. Marie Eastman

PRESERVED SASKATOON BERRIES

Use berries as soon after picking as possible. Clean thoroughly by hand. Wash in two or three clean waters. Measure into kettle cup by cup and allow one and a half to two cups of water for every three cups of berries. Bring to a boil and cook steadily for 10 to 15 minutes. Add sugar in the proportions of $\frac{3}{4}$ cup to 3 cups berries. Simmer gently for another 10 minutes. Finish off with a fast rolling boil for a few minutes. Put into hot jars and seal and test for leaks in usual way. Sliced lemons may be added before boiling if preferred.

Mrs. H. Baldwinson

CRABAPPLE JELLY

Cut washed and stemmed crabapple into pieces. Add water barely to cover. Cook until fruit is soft. Drain through moistened jelly bag. Measure juice and set aside $\frac{3}{4}$ cup sugar for each cup juice. Boil juice uncovered 10 minutes, gradually add sugar, stirring until sugar is dissolved. Then cook rapidly until two thick drops of syrup will run together and sheet off metal spoon. Remove from heat, let stand 1 minute, skim. Pour into sterilized glasses. When cool, cover with layer of paraffin, top with clean lids.

Mrs. Anna Sigvaldson

DAMSON PLUM JAM

1 qt. Damson plums
1 c. water

2 c. sugar

Wash plums, add water and cook till skins are tender, remove stones. Measure plums and add $\frac{2}{3}$ cup sugar for each cup of plums. Cook quickly until thick, color should be bright red. Pour into hot jars and seal. Makes 4 eight-ounce jars.

Mrs. Johanna Bjornson

PEACH JAM

2 lb. sliced peaches
2 Tbsp. lemon juice

1 c. water
3 c. sugar

Pour boiling water over peaches and let stand for few minutes. Drain, peel and slice discarding stones. Add lemon juice and the cup of water. Cook till tender. Add sugar and cook until thick. Seal in clean hot jars. Makes three 8 ounce jars.

Mrs. Sylvia Miller

RASPBERRY JAM

6 c. raspberries
4 c. white sugar

$\frac{1}{3}$ c. lemon juice

Measure raspberries (well packed) and sugar into preserving kettle. Let stand until sugar is dissolved, stir frequently. Place on hot burner and bring to rapid boil. Boil 5 minutes timing from the minute mixture breaks into a rolling boil. Add lemon juice and continue boiling for 5 minutes. Pour into sterile glasses. Cover with hot parowax.

Disa Eastman

RHUBARB MARMALADE

5 lb. sugar
5 lb. rhubarb
4 oranges

2 lemons
 $\frac{1}{4}$ lb. walnuts

Wash rhubarb and cut into one inch lengths. Add sugar, the grated rind and juice of the lemons and oranges. Boil until thick, about half an hour. Add broken nutmeats. Cook about 5 minutes longer. Pour into sterilized glasses and seal.

Anna Sigvaldson

Write Extra Recipes Here:

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CALORIE COUNTERS

BEVERAGES

Carbonated Water		xxx c.
Coffee, black, unsweetened.....		xxx c.
Cocoa, All Milk	1 cup.....	230 c.
Cola Beverages	1 sm. glass.....	100 c.
Lemonade	1 sm. glass.....	75 c.
Tea, plain, unsweetened.....	1 cup	xxx c.

BREADS, CRACKERS, ROLLS, ETC.

Gluten Bread	1 slice.....	30 c.
Raisin Bread	1 slice.....	100 c.
Rye Bread	1 slice.....	70 c.
Enriched White Bread.....	1 slice.....	65 c.
Melba Toast	1 slice.....	25 c.
Whole Wheat Bread.....	1 slice.....	75 c.
Baking Powder Biscuits.....	1 large or 2 small.....	100 c.
Saltines.....	1 double.....	40 c.
Soda Crackers	1.....	25 c.
Bran Muffin	1.....	50 c.
Corn Bread.....	1 small square.....	130 c.
French Hard Roll.....	1 small.....	80 c.
French Toast	1 slice.....	130 c.
Gingerbread	1 slice.....	150 c.

CANDIES

Chocolate Bar - Nut	1.....	400 c.
Chocolate Bar - Plain.....	1.....	350 c.
Chocolate Cream	1.....	100 c.
Mints	5 very small.....	7 c.
Popcorn, Plain	1 cup.....	65 c.
English Toffee	1.....	25 c.

CEREALS

Corn Flakes	1 cup.....	132 c.
Cream of Wheat	$\frac{3}{4}$ c.....	100 c.
Oatmeal	$\frac{3}{4}$ c.....	100 c.
Shredded Wheat, biscuit.....	1.....	100 c.

DAIRY PRODUCTS AND EGGS

Butter.....	1 level Tbsp.....	100 c.
American Cheese.....	1 cube $1\frac{1}{8}$ inch.....	100 c.
Cream.....	1 Tbsp.....	30 c.
Cream, whipped.....	1 Tbsp., heaping.....	50 c.
Eggs, boiled	1 average.....	70 c.
Eggs, fried	1 with 1 tsp. butter.....	110 c.
Egg white	1.....	14 c.
Egg Yolk	1.....	56 c.
Buttermilk.....	1 c.....	88 c.
Whole Milk.....	1 cup.....	170 c.
Oleomargarine	1 level Tbsp.....	100 c.

DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake — 2 layers	average slice	350 c.
Cup Cake, plain	1	100 c.
Fruit Cake	average slice	350 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Cookie	1	125 c.
Ice Box Cookie	1	150 c.
Chocolate Ice Cream	1/2 cup	250 c.
Sodas — all flavors	1 glass	350 c.
Vanilla Ice Cream	1/2 cup	100 c.
Lemon Ice	1/2 cup	110 c.
Chocolate Eclair	1 small	150 c.
Cream Puffs	1	250 c.
Apple Pie	1/6 of pie	350 c.
Berry Pie — all kinds	1/6 of pie	350 c.
Custard Pie	1/6 of pie	150 c.
Pumpkin Pie	1/6 of pie	150 c.
Bread Pudding	1/2 cup	150 c.
Jello — all flavors	1 cup	75 c.
Tapioca Pudding	1/2 cup	200 c.

FISH AND SEAFOODS

Haddock	average helping	100 c.
Halibut	average helping	115 c.
Lobster	1/2 cup	125 c.
Oysters	1/3 cup	50 c.
Perch	3 medium	80 c.
Salmon (canned)	1/2 cup	100 c.
Salmon (fresh)	1 slice	100 c.
Sardines	4 3-inches long	100 c.
Scallops	6 large	100 c.
Shrimps	10	50 c.
Trout (brook)	2	75 c.
Tuna (canned)	1/2 cup without oil	100 c.

FLOUR FOODS

Dumplings	1	100 c.
Macaroni and Cheese	3/4 cup	280 c.
Noodles (cooked)	1/2 cup	60 c.
Pancakes	1	100 c.
Waffles	1	225 c.

FOWL

Chicken (fried)	1 small thigh or leg	150 c.
Chicken (fried)	1 piece breast	150 c.
Turkey (roast)	1 slice white meat	100 c.
Turkey (roast)	1 slice dark meat	125 c.

FRUIT

Apple (raw)	1 large	100 c.
Banana	1 medium	100 c.
Cantaloupe	1/2 — 5 inches diameter	50 c.
Cranberries (sauce)	1/2 cup	100 c.
Dates	3 to 4	100 c.
Grapefruit (unsweetened)	1/2	100 c.
Oranges	1 average	80 c.

MEAT

Bacon (crisp)	4 slices	100 c.
Hamburger	1 patty	200 c.
Beef Roast	1 slice	100 c.
Round Steak (lean)	1 piece	100 c.
Fried Ham	1 piece	200 c.
Meat Loaf	1 slice	150 c.
Pork Chop	1 medium, lean	200 c.
Spareribs	1 piece, 4 ribs	150 c.
Frankfurter	1 small	100 c.

SALADS

(Without Dressing)

Cabbage, celery, pineapple	average helping	70 c.
Cabbage Slaw	average helping	35 c.
Fruit Gelatin	average helping	110 c.
Potato	average helping	220 c.
Tomato and Lettuce	average helping	35 c.
Waldorf	average helping	100 c.

SALAD DRESSINGS

Boiled Dressing	1 Tbsp.	50 c.
Cream Dressing	1 Tbsp.	50 c.
French Dressing	1 Tbsp.	75 c.
Mayonnaise	1 Tbsp.	100 c.
Thousand Island	1 Tbsp.	175 c.

SOUPS AND CONSOMMES

Bean (Navy)	1 cup	200 c.
Bouillon	1 cup	25 c.
Chicken with Rice	1 cup	100 c.
Potato	1 cup	275 c.
Tomato (clear)	1 cup	50 c.
Vegetable	1 cup	100 c.

VEGETABLES

Asparagus (canned)	6 stalks	50 c.
Beans (baked)	1/2 cup	300 c.
String Beans	1 cup	25 c.
Beets (cooked)	1/2 cup	45 c.
Cabbage (raw)	1 cup	25 c.
Cabbage (cooked)	1 cup	25 c.
Carrots (cooked)	1/2 cup	35 c.
Carrots (fresh)	1 cup	50 c.
Corn (on cob)	1 ear	60 c.
Lettuce	1 large head	50 c.
Peas (canned)	1/2 cup	55 c.
Potatoes (french fried)	4 pieces	100 c.
Potatoes (mashed)	1/2 cup	100 c.
Sweet Potatoes	1 small	150 c.
Radishes	5	15 c.
Sauerkraut	1 cup	40 c.
Spinach	1 cup	40 c.
Tomatoes (raw)	1	35 c.
Tomatoes (stewed)	1/2 cup	65 c.

SUGARS

Beet	1	tsp.	25 c.
Brown	1	tsp.	17 c.
Cane (granulated)	1	tsp.	25 c.
Powdered	1	Tbsp.	35 c.

JUICES

Grape Juice	1/2 cup	70 c.
Grapefruit Juice	1 cup unsweetened	100 c.
Orange Juice	1/2 cup	55 c.
Pineapple Juice	1/2 cup	65 c.
Tomato Juice	1/2 cup	25 c.

NUTS

Almonds (salted)	10	100 c.
Cashew	4 to 5	100 c.
Cocoanut (shredded)	3 Tbsp.	100 c.
Peanuts (salted)	18	100 c.
Pecans	12	100 c.
Walnuts	10	100 c.

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